

**CLAIMS**

1. Preparations containing cis and trans isomers of conjugated linoleyl alcohol selected from the group consisting of 6,8-octadecadienol, 7,9-octadecadienol, 8,10-octadecadienol, 9,11-octadecadienol, 10,12-octadecadienol and 11,13-octadecadienol.  
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2. Preparations containing 9-cis,11-trans-octadecadienol and/or 10-trans,12-cis-octadecadienol.
3. Preparations as claimed in claim 1 and/or 2, characterized in that they contain 0.01 to 15% by weight conjugated linoleyl alcohol.
- 10 4. Preparations as claimed in at least one of claims 1 to 3, characterized in that they contain conjugated linoleyl alcohol and conjugated linoleic acid and/or conjugated linoleic acid esters.
5. Sun protection preparations as claimed in at least one of claims 1 to 3, characterized in that they contain conjugated linoleyl alcohol and a UV  
15 filter.
6. The use of conjugated linoleyl alcohol as a food additive for human and animal nutrition.
7. The use of conjugated linoleyl alcohol for the production of pharmaceutical preparations.
- 20 8. The use of conjugated linoleyl alcohol for the production of cosmetic preparations.
9. The use of conjugated linoleyl alcohol for the production of preparations for reducing body fat and for supporting the buildup of body protein and muscle tissue.